

## Take Care of Your Heart

Cardiovascular disease and stroke are our nation's number-one killer. Every day more than 95% of those who suffer a heart attack die before ever reaching the hospital. We can all help improve the odds of victims of cardiac arrest by knowing what to do in an emergency. Everyone is encouraged to be prepared for cardiac emergencies by learning the warning signs of a heart attack and by knowing CPR.

You can lower your risk of heart attack and stroke by keeping your blood pressure in check. To help keep blood pressure down watch salt intake, drink less alcohol, quit smoking, lose excess pounds and get regular exercise. To help prevent heart attack and stroke, the American Heart Association has created an online resource called "MyHeartWatch", which features interactive tools and information on health and lifestyle and is available at [www.americanheart.org](http://www.americanheart.org).

To help with your physical fitness goals, the DPA Statewide Health Promotion Program has contacted several health clubs and fitness centers throughout California to develop discounts for State employees.

To find out which clubs offer State employees a discount membership, go to the California WorksWell Health Promotion Program web page at [www.dpa.ca.gov/benefits/health/wellness/wellmain.shtm](http://www.dpa.ca.gov/benefits/health/wellness/wellmain.shtm). If a health club or fitness center is not featured, ask the facility if a corporate discount membership is available for State employees. You may also contact the manager of the Statewide Health Promotion Program and ask that we inquire about a discount. Contact Terri Skondin at [terriskondin@dpa.ca.gov](mailto:terriskondin@dpa.ca.gov) or at (916) 324-9398.



*A publication for the employees of the State of California*

## Today's Actions Can Make Tomorrow's You

Ever had one of those days... weeks... years, where everything just seems to go wrong? Or maybe everything goes as planned but you find out later that it was a bad financial decision, and now you don't know what to do or how to deal with it?

Perhaps the recent terrorist attacks on our country and the anxiety and stress you are feeling from the threats of further actions are having a negative impact on your life and work performance. From time to time, everyone needs help in dealing with stress, family concerns, money worries, or other problems.

Sometimes discussing problems with a friend or co-worker just isn't enough, and you need a more objective viewpoint — a professional perspective that can help you work out your concerns and issues. That is when the State of California's Employee Assistance Program (EAP) can help.

As a State of California employee, your EAP provides you with assistance for a wide range of needs. The EAP is a pre-paid benefit that is available to you, your lawful spouse, and/or unmarried dependent children. Services include:



- Emotional, personal and stress concerns.
- Marital and family issues.
- Legal problems
- Financial and credit problems.
- Dependent care,

including child and elder care.

- Alcohol and drug abuse, including co-dependency.

Accessing this service is simply a phone call away. Just contact our EAP service provider, Merit Behavioral Care of California, Inc. (MBC) at 1-800-632-7422. Specially trained intake specialists and professional EAP counselors are available 24 hours a day to discuss your concerns confidentially and ensure that you receive the assistance you need.

Remember, this is a pre-paid service for you and your family. The actions you take today can make the difference in you tomorrow. For questions about the EAP program, contact your department's EAP Coordinator or directly access your EAP services by calling 1-800-632-7422.

*Article submitted by Darlene Schell, Statewide EAP Coordinator from the Department of Personnel Administration.*

# Life Insurance for Excluded Employees

**A**n employer-paid Basic Group Term Life Insurance is provided to all active State employees who are designated excluded (i.e. managerial, supervisory, confidential, or exempt) who work half-time or greater, and are designated permanent or work a limited term greater than 6 months. Employees designated supervisory or confidential are covered for \$25,000 basic life insurance coverage and employees designated managerial have \$50,000 in basic life insurance coverage.

## Supplemental Policy

Employees enrolled in the basic group term life insurance plan are eligible to purchase additional life insurance. Under Metropolitan Life Insurance Company's (MetLife) voluntary supplemental life insurance program, an employee may elect coverage in increments of \$10,000 up to \$200,000, or four times their basic annual earnings, whichever amount is less.

## Why Supplemental Life Insurance?

Your need for coverage beyond the basic life insurance varies depending upon



your financial situation and family obligations.

Supplemental life insurance purchased from MetLife allows you to enhance the coverage you already have through the State's basic plan. This additional life insurance benefit may help to ease the burden on your survivors by paying for the children's college education, paying off the home mortgage, settling outstanding personal and business debts, or paying for final expenses.

As of January 1, 2002, rates for supplemental life insurance have decreased. To view the plan features and new rates, please go to DPA's Web site at [www.dpa.ca.gov/benefits/other/life/life\\_main.shtm](http://www.dpa.ca.gov/benefits/other/life/life_main.shtm). For additional information, please contact the Department of Personnel Administration, Benefits Division at (916) 324-0533/CalNet 454-0533.

*Article submitted by Bethanne Roberts from the Department of Personnel Administration, Benefits Division.*

## News Flash!

The front and back pages of this newsletter are reserved for articles supplied by the State of California. We are interested in publishing information about your wellness or health-related programs and upcoming events or activities in which your department may be involved.

For example, the Department of Parks and Recreation may have some information to share in May for State Parks Month, the Department of Health Services has many areas that deal with a variety of health concerns, or the Department of Forestry and Fire Protection could have tips on fire safety at different times of the year. The possibilities for sharing information about your programs with all employees are endless and this is a great opportunity to let everyone know what's going on.

The newsletter is published every other month and articles must be submitted approximately eight weeks prior to publication of any issue.

Articles for the next issue in April must be sent by January 30, 2002, to Terri Skondin, DPA Statewide Health Promotion Program Manager at [terriskondin@dpa.ca.gov](mailto:terriskondin@dpa.ca.gov). For more information you may email her or call (916) 324-9398.

## Vitality Notes

9400 N. Central Expressway, #1202  
Dallas, Texas 75231

**The California WorksWell newsletter is available for purchase by State departments through a master agreement secured by the Department of Personnel Administration. If you would like information about purchasing, please contact:**

Sean Smith  
Health Ink & Vitality

**800-524-1176**

